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## SEQUESTER STALEMATE

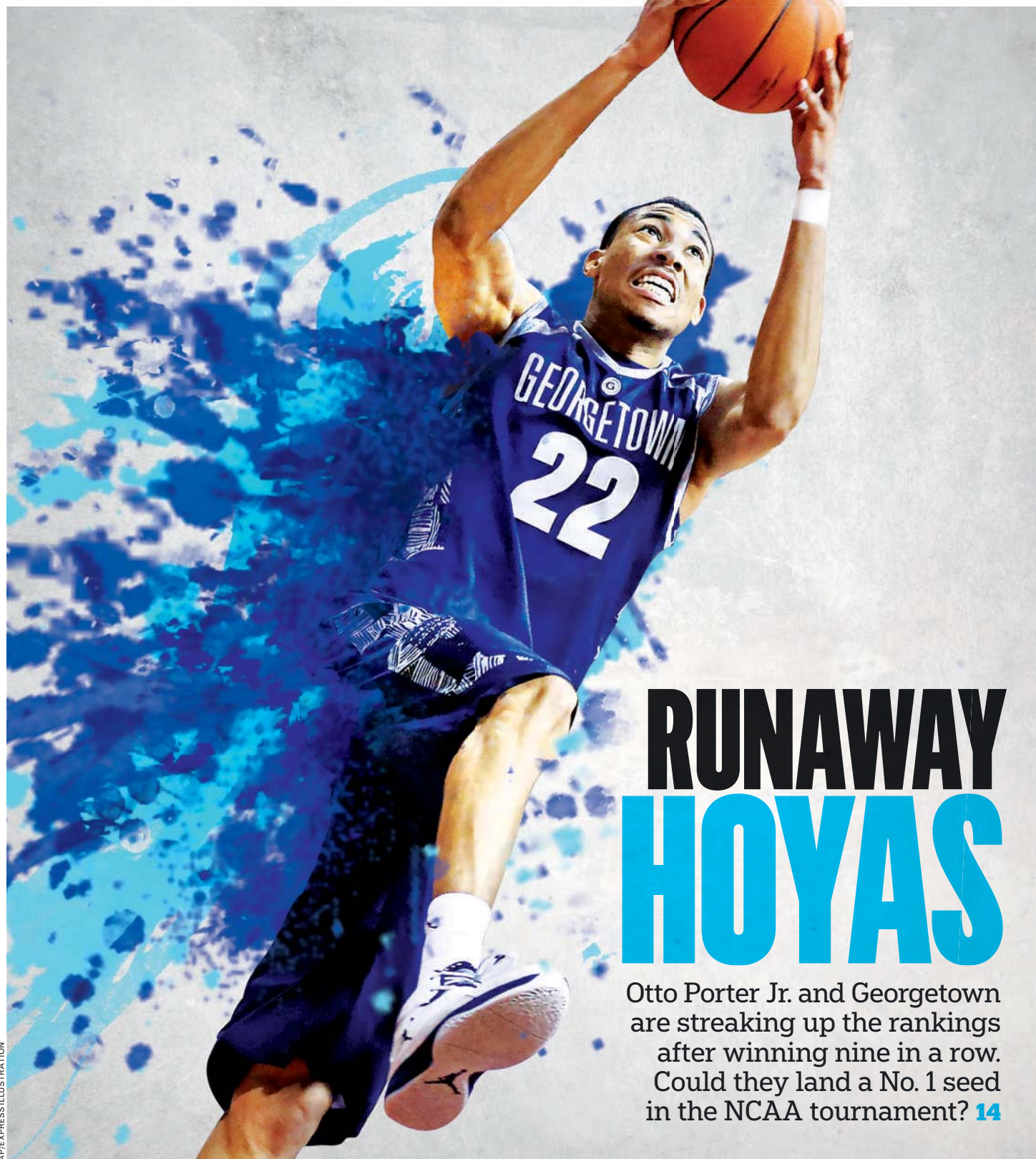
**With no solution in sight,** Obama warns of economic perils **3**

## GOOD TO THE BONE

**A marrow donor** explains why giving was worth the pain **22**

## CHURCH SCANDAL

**U.K.'s top Catholic** cleric steps down amid misconduct claims **8**



# RUNAWAY HOYAS

Otto Porter Jr. and Georgetown are streaking up the rankings after winning nine in a row. Could they land a No. 1 seed in the NCAA tournament? **14**

am **47** | **44** pm

FOR EXTENDED FORECAST, SEE PAGE 33





eye openers

DISAPPOINTING  
**No One Saw the Irony When Whistle-Blower Alerted Cops**

A Maine man charged with disorderly conduct for his loud whistling in downtown Portland has reached a deal with the city — he can whistle, but he can't linger in one spot. Robert Smith of Westbrook has been cited by police twice in the past year after businesses complained. He pleaded guilty last summer but said his whistling — audible a block away — is protected free speech. (AP)

DINNER  
**“People hit a lot of animals on roadways. ... There's a lot of good meat being wasted.”**

— MICHIGAN REP. STEVE LAVIN, WHO INTRODUCED A BILL THAT ALLOWS RESIDENTS TO CONSUME DEER, ELK, MOOSE AND ANTELOPE THAT HAVE BEEN KILLED BY A CAR, THE NEW YORK DAILY NEWS REPORTED. THE BILL PASSED LAST WEEK.

JEALOUSY  
**Man's Dog: ‘What? You Don't Like Any of My Masterpieces?’**

An Ohio man is convinced he found an image of Christ on his car windshield — in the form of bird poop. WEWS-TV NewsChannel5 reported Friday that when Jim Lawry got into his car at his parents' home in Brooklyn, he noticed that the bird dropping bore a resemblance to the face of Jesus. Lawry said he believed it was a sign and that others have been amazed, too. (EXPRESS)

**The Big Picture**

PORNCHAI KITTIWONGSAKUL/AFP/GETTY IMAGES



**ENLIGHTENING:** Buddhist monks chant religious verses Monday — Makha Bucha Day — at a pagoda at the Dhammakaya Temple in Pathum Thani province, Thailand. Makha Bucha Day is observed on the full moon of the third lunar month and commemorates the day when 1,250 monks gathered to be ordained by the Buddha.



Artwork by Donna Butnik

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# Talk, but No Action, as Cuts Loom

White House: Border security, more at risk if sequester happens

## Washington

President Barack Obama on Monday said looming automatic spending cuts are already affecting the economy, while a top administration official warned that the nation's borders would be less secure if billions of dollars are yanked from the budget Friday.

"The uncertainty is already having an effect," Obama said. "Companies are preparing layoff notices. Families are preparing to cut back on expenses."

Despite the rhetoric, there was no indication the White House and congressional Republicans were actively negotiating a deal to avoid the so-called sequester. The last known conversation between Obama and GOP leaders was last week.

With Congress back from a weeklong recess, House Speaker John Boehner showed little willingness to move off his long-held position that the sequester be off-



**"The longer these cuts are in place, the bigger the impact will become."**

— PRESIDENT BARACK OBAMA, SAYING MONDAY THAT THE SEQUESTER IS ALREADY HAMPERING THE ECONOMY

CHRIS KLEPONIS-POOL/GETTY IMAGES

set through targeted spending cuts, not the package of cuts and tax increases Obama supports.

"Mr. President, you got your tax increase," Boehner said, referring to the tax rate increases that took effect Jan. 1. "It's time to cut spend-

## But What About Here?

The upcoming automatic spending cuts the Obama administration detailed Sunday would strike a tough blow to the Washington area. Page 13.

ing here in Washington."

The \$85 billion budget-cutting mechanism could affect everything from commercial flights to classrooms to meat inspections. Domestic and defense spending alike would be trimmed, leading to furloughs for hundreds of thousands of government workers and contractors.

The White House continued laying out in stark terms what the cuts would mean for government services, dispatching Homeland Security

## Meanwhile ...

Many of the nation's governors, who gathered Monday in Washington for their annual meeting, voiced frustration over the impending cuts. South Carolina Gov. Nikki Haley, a favorite of her party's conservative wing, pointed at both Democrats and Republicans: "No one should be playing golf. No one should be taking vacations." Democratic Gov. Dannel Malloy of Connecticut concurred. "Work with the president, find a way to get it done — or if you want, just turn it over to us governors, and we'll negotiate," he said. (AP)

Secretary Janet Napolitano to warn of the implications for critical security functions on the border.

"I don't think we can maintain the same level of security at all places around the country with sequester as without sequester," she said.

Obama will seek to build public support for his sequester off-set plan Tuesday when he travels to Newport News, Va., a community that would be affected by the defense cuts. JULIE PACE (AP)

## In Brief

C. EVERETT KOOP

## Ex-Surgeon General Dies



Koop

C. Everett Koop, who raised the profile of the surgeon general by riveting America's attention on the then-emerging disease known as AIDS and by railing against smoking, died Monday in New Hampshire at age 96, an assistant said. (AP)

## HEALTH

## Study: Mediterranean Diet Cuts Heart Risks

In new research published online Monday by the New England Journal of Medicine, researchers found that eating a Mediterranean diet — olive oil, nuts, fruit, fish, chicken, beans and salads — can cut the chance of suffering heart-related problems in older people at high risk of them. The study lasted five years and involved about 7,500 people in Spain. (AP)

LUBBOCK, TEXAS

## 2nd Blizzard in a Week Slams Plains Region

Blizzard conditions again descended on the midsection of the country Monday, bringing hurricane-force winds to the Texas Panhandle. National Weather Service officials also issued blizzard warnings and watches in Kansas and Oklahoma through late Monday. (AP)

**Most Logical:** An online vote to name Pluto's two newest, itty-bitty moons is over. The winner is Vulcan, a name suggested by actor William Shatner, who played Capt. Kirk in the original "Star Trek" TV series. Vulcan was the Roman god of lava and smoke, nephew of Pluto and also the home planet of Spock and other pointy-eared humanoids in "Star Trek." More than 450,000 online votes were cast, but the International Astronomical Union has the final say. (AP)

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## Nation

# Oil-Spill Trial Against BP Begins

Company, partners  
could be on the hook  
for billions more

### New Orleans

BP bears most of the blame for the disastrous 2010 spill in the Gulf of Mexico because it cut corners and put profits ahead of safety, a U.S. Justice Department attorney charged Monday at the opening of a high-stakes trial that could result in the oil company and its partners being forced to pay billions more in damages.

BP attorney Mike Brock said that the oil company made “errors in judgment.” But he accused rig owner Transocean Ltd. of failing to properly maintain the rig’s blowout preventer and claimed cement contractor Halliburton used a “bad slurry” that failed to prevent oil and gas from traveling up the well.



### Backstory

**BP has already pleaded guilty** to manslaughter and other criminal charges and has racked up more than \$24 billion in spill-related expenses. But the federal government, Gulf Coast states and individuals and businesses hope to convince a judge that the company and its partners are liable for much more in civil damages under the federal Clean Water Act and other environmental regulations. Under the Clean Water Act, BP could be on the hook for nearly \$18 billion. (AP)

Eleven workers were killed when the Deepwater Horizon rig leased by BP exploded April 20, 2010. An estimated 172 million gallons of crude spilled into the Gulf over the following three months.

Justice Department attorney Mike Underhill said the catastrophe resulted from BP’s “culture of corporate recklessness.”

“BP put profits before people, profits before safety and profits

before the environment,” he said.

U.S. District Judge Carl Barbier is hearing the case without a jury, and the trial is separated into at least two phases. The first phase, which could last three months, is designed to determine what caused the blowout and assign percentages of blame to the companies involved. The second phase will determine how much crude spilled into the Gulf. MICHAEL KUNZELMAN (AP)

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# Nation

## Census to Stop Using 'Negro'

### Washington

After more than a century, the U.S. Census Bureau is dropping its use of the word "Negro" to describe black Americans in surveys.

Instead of the term that came into use during the Jim Crow era of racial segregation, census forms will use the more modern labels "black" or "African-American."

The change will take effect next year when the Census Bureau distributes its annual American Community Survey to more than 3.5 million U.S. households, said Nicholas Jones, chief of the bureau's racial statistics branch.

He pointed to months of public feedback and census research that concluded that few black Americans still identify with being Negro and many view the term as "offensive and outdated."

"This is a reflection of changing times, changing vocabularies and changing understandings of what race means in this country," said Matthew Snipp, a sociology professor at Stanford University, who writes frequently on race and ethnicity. "For younger African-Americans, the term 'Negro' harkens back to the era when African-Americans were second-class citizens in this country." HOPE YEN (AP)

### Backstory

**First used in the census in 1900,** "Negro" became the most common way of referring to black Americans through most of the early 20th century, during a time of racial inequality and segregation. In the 2000 census, about 50,000 people specifically wrote in the word Negro when asked how they wished to be identified. By 2010, unpublished census data provided to the AP show that number had declined to roughly 36,000. (AP)

## Time's Up. Leadership Needed Now.

### An Open Letter to the President and Congress

We, the undersigned members of the Professional Services Council (PSC) Executive Committee, on behalf of the more than 360 member companies of PSC and our hundreds of thousands of hard-working employees in all 50 states, urge you in the strongest terms to act quickly and collaboratively to avoid the threatened sequestration and finally address the fiscal uncertainty that is undermining the government's ability to execute its many and complex missions.

To fail to act, or to again delay critical decisions without an agreed upon roadmap for future action, is tantamount to ensuring that inefficiency will be the hallmark of our government for years to come.

We recognize that making those critical decisions will include reductions in federal spending and that the pain of those reductions will be felt across the spectrum of those who support the federal government, including our companies and our employees. Indeed, our industry has already felt these effects as spending has been reduced and slowed, causing the loss of thousands of jobs. But as taxpayers, we and our employees also recognize that getting the government's fiscal house in order is essential. That will include addressing reforms beyond the discretionary budget.

Fiscal reforms must adhere to two core principles:

- Reductions must be made strategically and collaboratively. There are enormous opportunities to drive greater efficiency and effectiveness to achieve meaningful outcomes across government, but it will not happen through sequestration. You must direct the government's agencies and their critical stakeholders, including federal employees, contractors, non-profits and others, to work together to jointly identify meaningful, sustainable efficiencies and/or alternative means of service delivery.
- The challenge must be viewed holistically, from the perspective of the "whole of government." Arbitrarily cutting federal employee positions is no more strategic or likely to result in success than arbitrarily cutting spending on contracted services, university or non-profit support. Instead, agencies must be given both clear fiscal and policy direction and the flexibility to determine how best to achieve their missions in light of that direction while protecting taxpayer interests.

The fiscal crisis presents a singular opportunity to substantially improve the effectiveness, performance and efficiency of government. Collaborative leadership and clear direction are needed. Time is up. We urge action now.

John Hillen  
Chairman, Professional Services Council  
President & CEO  
Sotera Defense Solutions, Inc.

Ellen Glover  
Vice-Chair, Professional Services Council  
Executive Vice President  
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## World

## In Brief



Syrians drive Monday past a home hit by a government airstrike in Idlib, Syria.

## BEIRUT

### Syria Prepared to Talk With Assad Opponents

Syria said Monday it is prepared to hold talks with the armed rebels bent on overthrowing President Bashar Assad, the clearest signal yet that the regime is growing nervous about its prospects to hold onto power as opposition fighters make headway in the civil war. (AP)

## ALMATY, KAZAKHSTAN

### World Leaders Offer Iran Slight Sanctions Relief

World powers are offering Iran new, though meager, sanctions relief if Tehran curbs its nuclear program but warned Monday that it's unlikely compromise will be reached soon. Negotiators set low expectations for the latest high-level diplomatic talks to begin Tuesday. (AP)

## LAGOS, NIGERIA

### Video Shows Hostages

A video posted online Monday shows French hostages kidnapped from northern Cameroon, with a masked militant claiming a radical Islamic group from neighboring Nigeria holds them. A man in the video says the hostages, including four children, were kidnapped because of the French intervention in Mali. (AP)

## SAEER, WEST BANK

### Palestinian Who Died in Israeli Custody Is Buried

A Palestinian man who died under disputed circumstances in Israeli custody was given a hero's funeral Monday, as thousands thronged his gravesite. Palestinian officials say the man was tortured during Israeli interrogation. Israeli officials said more tests are needed. (AP)

# NATO Disputes Afghan Claims

## Coalition: No proof U.S. special forces involved in abuse

### Kabul, Afghanistan

The U.S.-led coalition in Afghanistan said Monday it has found no evidence to support allegations that American special forces were involved in the abuse of Afghan civilians in an eastern province that serves as a gateway to Kabul.

The statement came as the Afghan government moved ahead with an order to expel the special forces from Wardak province within two weeks. Provincial officials and analysts expressed concern that the already dangerous prov-

### About the Province

The Wardak province is a transit point for insurgents coming from the south—the Taliban heartland—and from the east along the Pakistani frontier. It has been the focus of recent counterinsurgency efforts and the site of many attacks against coalition and U.S. bases. It is unclear how many of the extremely secretive U.S. special forces are operating in the region. (AP)

ince could become more unstable without the American firepower, although they agreed with President Hamid Karzai's decision to investigate the allegations.

Karzai issued the order Sunday

### U.S. Reaction



**"I can assure you we are finely attuned to the needs of the Afghan people."**

— SECRETARY OF STATE JOHN KERRY, WHO SAID AFGHAN CONCERNS WILL BE "APPROPRIATELY EVALUATED" AFTER HE WAS ASKED MONDAY ABOUT ALLEGATIONS OF ABUSE BY U.S. SPECIAL OPERATIONS FORCES

after a meeting of the National Security Council at which Wardak provincial governor Abdul Majid Khogyani and others blamed Afghans working with U.S. special forces for the disappearance of at least nine men and the murder of an Afghan university student. The U.S. forces are being expelled because of their association with the Afghan groups.

Khogyani and the other officials also alleged that the Afghans working for the American special forces were involved in torture, killings and illegal detentions. The armed Afghans are not part of the Afghan security forces, the government has said, implying that they are members of secret militias working with the Americans.

PATRICK QUINN AND RAHIM FAIEZ (AP)

### History-Making Salute in South Korea



**SOUTH KOREA'S FIRST FEMALE PRESIDENT**, Park Geun-hye, is sworn in Monday in Seoul before a crowd of tens of thousands. Park's first weeks in office will be complicated by North Korea's warning of "second and third measures of greater intensity" following its test of a nuclear device two weeks ago.

PARK JIN-HEE/POOL/GETTY IMAGES

## In Wake of Elections, Political Gridlock in Italy

### Rome

The prospect of political paralysis hung over Italy on Monday as near complete official results in crucial elections showed an upstart protest campaign led by a comedian making stunning inroads, and mainstream forces of center-left and center-right wrestling for control of Parliament's two houses.

The story of the elections was shaping up to be the astonishing vote haul of comic-turned-political leader Beppe Grillo, whose 5 Star Movement has capitalized on a wave of voter disgust with the ruling political class.

Another surprise has been the return as a political force of billionaire media mogul Silvio Berlusconi, who was forced from the premiership at the end of 2011 by Italy's debt

# -216

In New York, the Dow Jones index plunged 216 points to 13,784 on Monday on fears over Italy's election gridlock. The loss of 1.6 percent was the biggest one-day drop since Nov. 7. (AP)

crisis and whose forces now have a strong chance of coming out on top in the Italian Senate. His main rival, the center-left Pier Luigi Bersani, appeared headed toward victory in Parliament's lower house.

The unfolding murky result raised the possibility of new elections in the coming months and bodes badly for the nation's efforts to pass the tough reforms it needs to snuff out its economic crisis and reassure jittery markets.

COLLEEN BARRY AND FRANCES D'EMILIO (AP)



**Horsemeat Found in Ikea Meatballs:** Swedish furniture giant Ikea was forced to withdraw meatballs from stores in 21 countries across Europe after testing revealed that some batches contained horsemeat. Stores in the U.S. and Canada were not affected, Ikea said. European Union officials met Monday to discuss tougher food-labeling rules after the discovery of horsemeat in a wide range of foods labeled as beef or pork. (AP)



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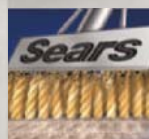


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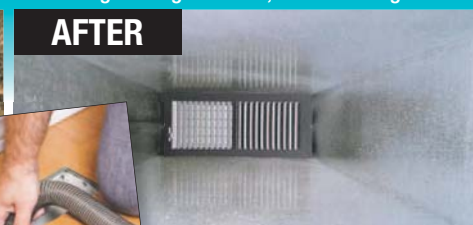
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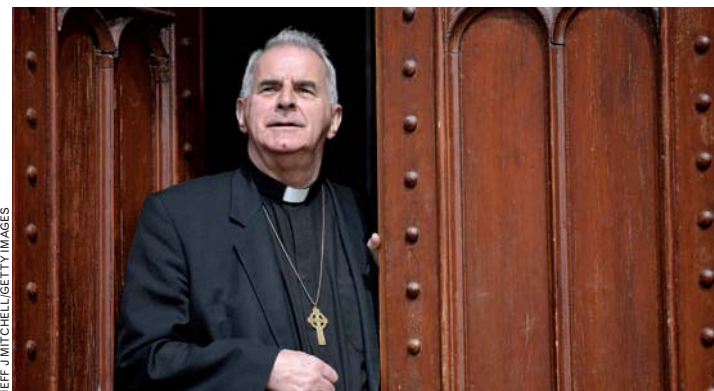
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1) Hunt LM, Kreiner M, Brody H. (2012). The changing face of chronic illness management in primary care: qualitative study of underlying influences and unintended outcomes. Ann Fam Med. Sep-Oct; 10(5): 452-60. Seating is limited. © Living Health Integrative Medicine LLC

## World



JEFF MITCHELL/GETTY IMAGES

Cardinal Keith O'Brien, seen here in May, said he is contesting allegations made Sunday in a British newspaper that he behaved inappropriately with priests.

## Cardinal Resigns Amid Misconduct Allegations

### Vatican City

Cardinal Keith O'Brien, Britain's highest-ranking Catholic leader, recused himself Monday from taking part in the conclave to elect the next pope after being accused of improper conduct with priests — an unprecedented first head to roll in the mudslinging that has followed Pope Benedict XVI's decision to resign.

O'Brien also resigned as archbishop of St. Andrews and Edinburgh, though the Vatican insisted that Benedict accepted his resignation purely because he was nearing the retirement age of 75 — not because of the accusations. But O'Brien himself issued a statement Monday saying he would skip the conclave because he didn't want to become the focus of media attention at such a delicate time for the Catholic Church.

O'Brien has said through his spokesman that he is contesting allegations made Sunday in a Brit-

### Meanwhile ...

**With three days** until his resignation, Pope Benedict XVI on Monday allowed cardinals to move up the start of the conclave that will elect his successor, waiving a 15- to 20-day waiting period between the end of the pontificate and the opening of the conclave. The pope also ruled that the final report on the leak of confidential documents in the so-called Vatileaks affair, "known only to himself," will be handed over "solely" to the next pope. (AP)

ish newspaper that three priests and a former priest had filed complaints to the Vatican alleging that the cardinal acted inappropriately with them. The Observer newspaper did not name the priests, but it said their allegations date back to the 1980s.

It is the first time a cardinal has recused himself from a conclave because of personal scandal.

GREGORY KATZ AND NICOLE WINFIELD (AP)

### Hearsay

**“Iceland is going to be the first country with the guts to stand up to these predatory bullies from L.A.”**

— **GAIL DINES**, A BOSTON PROFESSOR AND AUTHOR OF THE BOOK "PORNLAND." DINES HAILED ICELAND'S "COURAGE" IN DRAFTING A PLAN TO BAN PORN, IN PRINT AND ONLINE, IN AN EFFORT TO PROTECT CHILDREN. OPPONENTS SAY SUCH A CHANGE WOULD UNDERMINE ICELAND'S REPUTATION AS A SCANDINAVIAN BASTION OF FREE SPEECH.



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# A Passionate Plea to Pedestrians

**Q** At various times during the week, I can be a driver or I can be a pedestrian, so I know what traveling around in this city can be like from both sides. I'm begging pedestrians to pay attention to the traffic signs. When the red hand is flashing "Don't Walk," then please DON'T WALK. As a driver, I can turn left only on a green light, and if pedestrians walk the entire time the light is green and yellow, then I can never make the turn.

I've been listening to travelers' complaints for many years and can tell you that everyone likes to complain about everyone while asserting the

virtue of their own mode of travel.

I don't mean that as a put-down of anybody. But it's something we all should be aware of, because it might help us get through some of the everyday, low-grade tensions in travel.

All of these complaints about pedestrian behavior are fair.

My general observation is that many travelers will do anything they think they can get away with: Walk against a light, turn right on red without stopping, pedal through an intersection against a red light.

Most of this behavior does not result in crashes, but that doesn't make it safe.

**Dr. Gridlock** offers commuter counseling online at [washingtonpost.com](http://washingtonpost.com).

**Q** The corner at 23rd and G streets is full of cocky GWU students who enter the crosswalk as the countdown signal nears zero before a yellow light. And that's when the first car waiting to turn left is waiting right at the crosswalk line. Rude.

I walk downtown streets all the time, and I'm not seeing any age restriction on bad behavior while walking or riding.

**Q** Is there any reason why the next train signs present when you enter a station (before the fare gates) have different or delayed information from the signs on the platform?

You might see a difference in the

mezzanine sign if the next train is real close to the platform. My recollection is that Metro doesn't want people to run for trains.

**Q** Any idea when the construction is supposed to be done on 395 near RFK Stadium? I understand from D.C. United that entry to Lot 8 from 395 is now closed. Last season, you could get into the lot but could not exit that way. This is going to cause enormous issues for folks coming from Virginia.

That portion of the Southeast Freeway near RFK is going to be closed for about a year and a half, and it won't come back as a freeway but will reopen as a boulevard.



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# Graham Reprimanded by Council

Ward 1 councilman stripped of power to oversee ABC licenses

## Washington

The D.C. Council reprimanded member Jim Graham on Monday for improperly intervening in a dispute over the city lottery contract four years ago.

During an emotional meeting — called by Chairman Phil Mendelson to address the matter — council members voted 11 to 2 to publicly reprimand Graham, D-Ward 1, and punish him by stripping him of his power to oversee District liquor

licenses and alcohol issues as head of the Human Services Committee.

Graham, who will remain chairman of the committee, becomes only the second council member under Home Rule to be publicly rebuked by colleagues. The council stopped short of censuring Graham — the punishment council members meted against Marion Barry, D-Ward 8, in 2010 for his role in a personal services contract.

Graham, who has denied any wrongdoing, did not try to defend himself before the reprimand vote Monday, but he was joined by Barry in voting against the resolution. Barry, carrying copies of the 14th Amendment, argued that the coun-



Jim Graham was scolded for improperly intervening in a dispute over the city lottery contract four years ago.

cil was not being fair to Graham because it did not hold its own investigation before voting on the reprimand.

"This is not about Jim Graham, this is about due process," Barry said. "Jim Graham has not been given an opportunity to put on a defense before an impartial body. Everybody on this body is not impartial, they are partial."

The D.C. Board of Ethics and

Government Accountability scolded Graham earlier this month after it found "substantial" evidence that he broke the District's code of employee conduct in 2008 by intervening with a local businessman as the council's representative on the Washington Metropolitan Area Transit Authority in a Metro land deal.

The board declined to sanction Graham, saying it could not levy penalties when there were no penalties in place for council members at the time.

But Mendelson proposed that Graham be reprimanded — a formal statement that his colleagues disapprove of his conduct.

TIM CRAIG (THE WASHINGTON POST)

## In Brief

### WASHINGTON

#### D.C. CFO Says He'll Stay Until Successor Is Found



Outgoing Chief Financial Officer Natwar Gandhi, who earlier this month announced his intention to retire June 1, now says he

Gandhi

will stay on the job indefinitely until his successor is ready to start. In a letter to Mayor Vincent Gray, Gandhi cited the possibility that the time necessary to complete a search and navigate the approvals of the D.C. Council and Congress would outstrip the time frame he had originally contemplated. (THE WASHINGTON POST)

### PALMER PARK, MD.

#### Arrest Made in Killing of Teen Walking to School

Prince George's County police said an arrest has been made in the killing of a Maryland teenager gunned down while walking to school in Capitol Heights. Police announced Monday that 20-year-old Travon Bennett has been arrested on charges of killing 18-year-old Marckel Ross. Ross was shot Sept. 11 while walking to Central High School. (AP)

### WASHINGTON

#### Lawyer: Give Hinckley More Time With Mother

A lawyer for the man who shot and wounded President Ronald Reagan says his client has been spending too much time at a psychiatric hospital and should spend more time at his mother's Virginia home. Barry Levine, John Hinckley's attorney, in a court hearing in D.C. on Monday, argued that Hinckley has earned more time in Virginia. He is currently allowed to make 10-day visits to his mother's home in Williamsburg. (AP)

# Man Shot, Killed Near Nats Park

## Washington

An adult male was fatally shot Sunday evening about four blocks from Nationals Park, according to D.C. police.

The man, identified as Tyrone Joyner, 22, of Southwest was shot at about 6:30 p.m., according to police. The shooting occurred in

the 1400 block of Canal St. SW, in a neighborhood west of the stadium. The circumstances of the shooting were not divulged. It was the third slaying in the District over the weekend.

Two men were fatally shot early Saturday. One shooting occurred outside a club in Northwest Washington after a fight at the 1920dc club in the 1900 block of Ninth St. NW. The other shooting claimed the life of a man in Southeast.

PETER HERMANN (THE WASHINGTON POST)

## The Daily Grind, 7 Pounds at a Time



**CHRIS VIGILANTE ROASTS COFFEE** for the brand that bears his name, Vigilante Coffee, at his workspace in the Trinidad neighborhood. Unlike bigger companies that use large, computerized coffee roasters, Vigilante monitors every step of the process with a thermometer, a notepad and his nose. He roasts about 250 pounds a week in a roaster that holds 7 pounds at a time. Vigilante started in Hawaii and said he moved to D.C. because of its lack of a coffee culture. | [postlocal.com](#)

MAURA JUDKINS/TWP

## The Lotteries

### Monday, Feb. 25

#### Maryland

Mid-day Pick 3 ..... 4-5-3  
Evening Pick 3 (Sun.) ..... 5-8-7  
Mid-day Pick 4 ..... 8-2-9-0  
Evening Pick 4 (Sun.) ..... 4-7-0-3  
Match 5 (Sun.) ..... 4-16-20-23-27 (11)

#### District

Mid-day Lucky Numbers ..... 9-8-7  
Evening Lucky Numbers (Sun.) ..... 7-8-3  
Mid-day DC 4 ..... 7-9-6-0  
Evening DC 4 (Sun.) ..... 0-3-9-6  
Mid-day D.C. Five ..... 2-9-5-3-2  
Evening D.C. Five (Sun.) ..... 4-1-2-1-5

#### Virginia

Mid-day Pick 3 ..... 2-8-0  
Evening Pick 3 (Sun.) ..... 9-0-6  
Mid-day Pick 4 ..... 4-8-3-6  
Evening Pick 4 (Sun.) ..... 8-7-7-0  
Mid-day Cash 5 (Sun.) ..... 6-7-15-18-25  
Evening Cash 5 (Sun.) ..... 4-10-11-15-28

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NATIONAL CAPITAL REGION

# Cuts 'a Bigger Deal' Here

Sequester would run deep in the D.C. area, likely hurt job growth

## Washington

In the Washington region, hub of the federal government, the upcoming automatic spending cuts the Obama administration detailed Sunday would strike a tough blow, with nearly 150,000 civilian Defense Department employees facing furloughs and an estimated average loss of \$7,500 in pay.

Under sequestration, just days away if a deal can't be reached before Friday, funding for elementary and secondary education across the region would be slashed by \$29 million, jeopardizing nearly 400 teacher and aide positions. Nearly 6,000 fewer children would be vaccinated for such diseases as measles, mumps and whooping cough. More than 31,000 fewer tests for HIV would be provided, and funds for local meals for seniors would be cut by nearly \$2.3 million.

Scientific projects would be delayed at the National Institutes of Health, where research awards would be scaled back and several thousand people could lose their jobs. Across Maryland, Virginia and the District, job-search assistance would be cut, potentially leaving more than 33,000 people without such help.

The Obama administration released state-by-state details of the across-the-board cuts, hoping that a clear picture of the impact on popular programs — and on

## Local Impact of Sequestration

The White House released data showing some of the groups it says will be affected by the automatic cuts set to begin Friday.

Targeted cuts/groups	D.C.	Maryland	Virginia
Teachers, schools	Loss of <b>\$1.45 million</b> for primary and secondary schools, disability programs	Loss of <b>\$24 million</b> for primary and secondary schools, disability programs	Loss of <b>\$14 million</b> for primary and secondary schools, disability programs
Work-study aid, jobs	<b>1,000 students</b>	<b>1,200 students</b>	<b>3,000 students</b>
Head Start services	<b>200 children</b>	<b>800 children</b>	<b>1,000 children</b>
Ecological policing and loss of grants	<b>About \$1 million</b>	<b>About \$3.5 million</b>	<b>About \$3.8 million</b>
Civilian Department of Defense furloughs	13,000; <b>\$111.3 million</b> in total pay	46,000; <b>\$353.7 million</b> in total pay	90,000; <b>\$648.4 million</b> in total pay
Law enforcement	<b>\$80,000</b> in grants	<b>\$317,000</b> in grants	<b>\$276,000</b> in grants
Help with job search	<b>\$174,000</b> , or about 5,400 people	<b>\$66,000</b> , or about 9,200 people	<b>\$348,000</b> , or about 18,390 people
Childhood vaccination	<b>\$25,000</b> , or about 370 children	<b>\$140,000</b> , or about 2,000 children	<b>\$241,000</b> , or about 3,500 children
Public health	<b>More than \$700,000</b> in facility upgrades and HIV, substance abuse programs	<b>More than \$2.7 million</b> in facility upgrades and HIV, substance abuse programs	<b>About \$3 million</b> in facility upgrades and HIV, substance abuse programs
Stop Violence Against Women program	<b>\$13,000</b> , or about 100 victims	Up to <b>\$124,000</b> , or about 500 victims	Up to <b>\$172,000</b> , or about 700 victims
Meals for elderly	<b>\$191,000</b>	<b>\$877,000</b>	<b>\$1.2 million</b>

SOURCE: WHITE HOUSE; GRAPHIC: THE WASHINGTON POST

jobs in every state — will pressure congressional Republicans to forge a deal to stop the sequestration.

The cuts in federal spending would affect the Washington economy in multiple ways, including potential job growth, said economist Anirban Basu of Sage Policy Group in Baltimore.

"If this is a big deal nationally, it's a bigger deal in the Washington metropolitan area," Basu said, noting that Virginia, Maryland and the District are "among the most reliant communities in the nation on federal spending."

Tom Davis, a former Republican congressman from Virginia, said



## A Big Hit to Region's Military Spending

The White House projected major cuts in local military spending, with an estimated \$95 million in Army base operation funding in Maryland and another \$19 million in Air Force and Navy reductions. In Virginia, Army base funding cuts were put at \$146 million, and Navy cuts included the cancellation of maintenance on 11 ships in Norfolk, including the USS Winston Churchill, pictured. (TWP)

the threat of sequestration already has had an effect on government contracting, a major industry in the Washington region.

"Contracts run this place

economically," Davis said, noting that Washington-area businesses are taking a wait-and-see approach. "There's no question we take a hit in this area. ... If noth-

ing else, the uncertainty stops expansion."

Small business leaders who met with U.S. Sen. Ben Cardin (D-Md.) on Monday echoed that sentiment, asking Cardin to urge his congressional colleagues not to put off a budget decision any longer.

Despite the potential harm to their businesses from cuts, several leaders said uncertainty about when cuts will come is even worse. They were invited by Cardin to air their views at a meeting in Prince George's County where he outlined the impending cuts.

"If I don't meet a deadline, I am either in breach of contract or disqualified from a procurement," said Susan Ballard Hirsch, founder and chief executive of Govern-



Democratic Sen. Ben Cardin of Maryland met with small business leaders Monday to discuss the looming sequester cuts.

ment Services IPT in Largo, Md.

"Stop pushing the can down the road. We can't do that in our business. We need to meet deadlines," she said. "I suggest you do the same."

That sentiment was repeated several times during the 90-minute session with Cardin.

In Prince George's alone, there are at least 80,000 federal employees who could be affected, and thousands of others who work for government contractors.

Cardin told the business leaders that they needed to make their voices heard so congressional leaders understand just how damaging the lack of certainty is.

Several of the employers said they had held off expanding because they cannot foresee the shape of the federal budget.

DONNA ST. GEORGE AND MIRANDA S. SPIVACK (THE WASHINGTON POST)

**"What we're hearing from residents is that they're ready for recovery. ... The thing that is holding us back is the federal situation."**

— SHARON BULOVA, CHAIRWOMAN OF THE BOARD OF SUPERVISORS IN VIRGINIA'S FAIRFAX COUNTY, WHERE OFFICIALS ALREADY DEALING WITH SHORTFALLS ARE STRUGGLING TO SET BUDGETS AMID UNCERTAINTY OVER THE FEDERAL SEQUESTER CUTS. THE COUNTY HOPES TO CUT SPENDING IN ORDER TO KEEP RESIDENTS' TAX BILLS ABOUT THE SAME, SHE SAID.





After beating Syracuse on Saturday, Georgetown climbed to No. 7 in this week's AP Top 25 Poll with four games remaining in the regular season.

# Hoyas a Top Dog?

A nine-game win streak helps Georgetown make the case to be a No. 1 seed

College Hoops

After Saturday's win at Syracuse, No. 7 Georgetown is putting together a résumé worthy of a No. 1 seed in the NCAA tournament.

The Hoyas' nine-game winning streak is longer than that of any other team from a BCS conference, and they are alone atop the second-toughest league in the country with an 11-3 Big East record.

While making a case for the Hoyas over the top-ranked Hoosiers — who defeated Georgetown in double overtime in November — is rather difficult, a valid argument can be made for them to be a No. 1 seed over the other leading candidates:

**No. 2 Gonzaga** has only one win over a ranked team all year, its 69-68 defeat of Oklahoma State on Dec. 31. Georgetown has four victories vs. top 25 teams since Jan. 21.

**No. 3 Duke** has suffered without forward Ryan Kelly, going 9-3 since his injury. The

This Week's Top 25

The Associated Press' college basketball poll, with first-place votes in parentheses and last week's rankings:

SCHOOL	RECORD	LW
1. Indiana (64)	24-3	1
2. Gonzaga (1)	27-2	3
3. Duke	24-3	6
4. Michigan	23-4	7
5. Miami	22-4	2
6. Kansas	23-4	9
7. Georgetown	21-4	11
8. Florida	22-4	5
9. Michigan St.	22-6	4
10. Louisville	22-5	10
11. Arizona	23-4	12
12. Syracuse	22-5	8
13. Kansas St.	22-5	13
14. New Mexico	23-4	16
15. Oklahoma St.	20-6	14
16. Ohio St.	20-7	18
17. Wisconsin	19-8	19
18. Saint Louis	21-5	—
19. Memphis	24-3	21
20. Butler	22-6	15
21. Notre Dame	22-6	25
22. Marquette	19-7	17
23. Pittsburgh	21-7	20
24. Oregon	22-6	23
25. Louisiana Tech	24-3	—

Hoyas have played at their best despite missing Greg Whittington, going 11-1 since the forward was ruled academically ineligible.

**No. 4 Michigan** has struggled recently in the tough Big Ten. The Wolverines have lost three of their six games in February, while the Hoyas have gone undefeated so far this month.

**No. 5 Miami** has some embarrassing losses, falling to Florida Gulf Coast by 12, losing in Hawaii to Indiana State and getting routed by lowly Wake Forest on Saturday. Georgetown lost to No. 1 Indiana, and two of its three Big East defeats were by three points or less.

**No. 6 Kansas** had a three-game losing streak to unranked teams in the beginning of February, including a 62-55 loss to TCU (10-17, 1-13). The Hoyas' longest skid was two games, and it happened nearly two months ago.

**No. 8 Florida** plays in the weakest BCS conference. The Gators are the only SEC team in the top 25. The Big East has six ranked teams. JEFFREY TOMIK (EXPRESS)

Making Their Move

When Georgetown lost to South Florida on Jan. 19, the Hoyas fell to 12-4 and 2-3 in the Big East. Georgetown was unranked and without Greg Whittington, who was second on the team in scoring before being ruled academically ineligible. But Georgetown hasn't lost since, winning nine straight to climb to No. 7 in the AP poll. Here's how the Hoyas have done it:

**Week 12 (Jan. 21-27)**  
Record entering week: 12-4, 2-3  
AP ranking entering week: NR  
Monday, Jan. 21: Win at No. 24 Notre Dame, 63-47  
Saturday, Jan. 26: Win vs. No. 5 Louisville, 53-51  
Key to the week: The Hoyas held two ranked teams to season lows in points. The Irish and Cardinals combined to shoot 33 of 95 from the field (34.7 percent).

**Week 13 (Jan. 28-Feb. 3)**  
Record entering week: 14-4, 4-3  
AP ranking entering week: NR  
Wednesday, Jan. 30: Win vs. Seton Hall, 74-52  
Saturday, Feb. 2: Win vs. St. John's, 68-56  
Key to the week: Georgetown showed balance, with five different players scoring in double-digits in the Hoyas' two wins at home.

**Week 14 (Feb. 4-10)**  
Record entering week: 16-4, 6-3  
AP ranking entering week: 20  
Saturday, Feb. 9: Win at Rutgers, 69-63  
Key to the week: With just one game this week, the Hoyas had one of their most efficient offensive performances of the year — going 27-for-47 from the field (57.4 percent) and hitting six of 13 3-pointers (46.2 percent).

**Week 15 (Feb. 11-17)**  
Record entering week: 17-4, 7-3  
AP ranking entering week: 15  
Monday, Feb. 11: Win vs. No. 18 Marquette, 63-55  
Friday, Feb. 15: Win at Cincinnati, 62-55  
Key to the week: Georgetown finished strong in both wins, pulling away from Marquette in the second half and holding off a late run by Cincinnati.

**Week 16 (Feb. 18-24)**  
Record entering week: 19-4, 9-3  
AP ranking entering week: 11  
Wednesday, Feb. 20: Win vs. DePaul, 90-66  
Saturday, Feb. 23: Win at No. 8 Syracuse, 57-46  
Key to the week: A couple dominant performances — D'Vauntes Smith-Rivera had 33 points vs. DePaul, and Otto Porter Jr. scored 33 vs. the Orange. J.T.



# Caps Sign Holtby to Extension

Goalie has allowed 2.25 goals per game in past four starts

## Capitals

The Capitals signed goaltender Braden Holtby to a two-year, \$3.7 million contract extension Monday, further securing the 23-year-old's place as a building block of the organization.

"It's nice to have it out of the way," said Holtby, who was set to become a restricted free agent at the end of the season. "You didn't really want it to come down to a stressful summer. It just feels good

to have it done, and now we can move forward."

Holtby's extension coincides with his recent upswing after a rough start to the season. Following a breakout performance during Washington's run to the second round of the playoffs last spring, Holtby struggled through his first six starts this winter, allowing four or more goals four times.

In his past four starts, however, he has stopped 120 of the 129 shots he's faced, which equates to a 2.25 goals against average and .930 save percentage. He will look to build on that Tuesday against the Carolina Hurricanes, when he makes his seventh-consecutive start.



Caps goalie Braden Holtby is 5-6 with a 3.37 goals against average this year.

"I really like the fire that he has," coach Adam Oates said. "It looks like he wants to play every single night. It looks like he wants

that responsibility. That's a good feeling to see a guy that even when it hasn't gone his way, it looks like he still wants to be there."

Meanwhile, the Capitals also re-signed rugged defenseman John Erskine to a two-year extension worth \$3.9 million. In his 11th NHL season, Erskine has appeared in 11 games and is averaging 19:30 minutes of ice time per game, which would be a career high.

"Last year ... wasn't my favorite hockey year, but things are off to a better start for me this year," Erskine said. "The coaches have been giving me minutes, and I've been playing with confidence. Good things are happening." ADAM VINGAN (FOR EXPRESS)

## TV Lineup

### COLLEGE HOOPS (7 P.M., ESPN)

After a strong start to the season, Minnesota has struggled in Big Ten play. The Golden Gophers could use a win over No. 1 Indiana to boost their tournament résumé.

**NHL (7:30 P.M., NBCSN)** The Bruins have allowed the fewest goals in the league and face the offensive-minded Islanders in New York.

**NBA (8 P.M., NBATV)** The Bulls are coming off a 30-point loss to the Thunder and face the Cavaliers.

**COLLEGE HOOPS (9 P.M., ESPN)** Tennessee has won five straight games, including Saturday's four-overtime victory over Texas A&M. The Volunteers will host SEC-leading No. 8 Florida.

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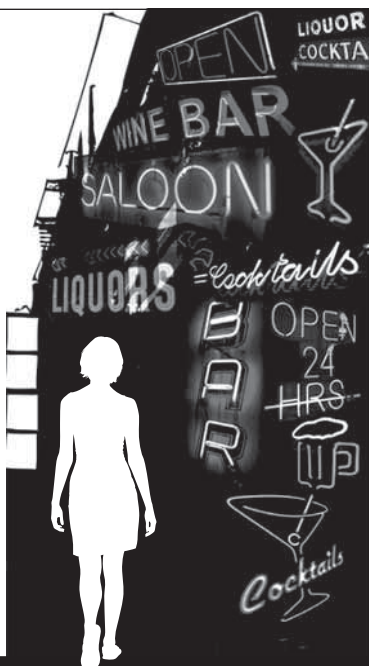
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Description of study:

- In this study, the research drug will be injected directly into the fluid surrounding the spinal cord. This is the first trial in humans where this drug is injected into the spinal fluid.
- Studies in animals have shown pain relief after the spinal administration of this treatment.
- The study involves up to eight visits to the National Institutes of Health Clinical Center in Bethesda, Maryland. There will be one inpatient visit that will last two to three days; the rest will be outpatient visits lasting four to six hours. There will be a screening visit, a treatment visit and four follow-up visits, which occur beginning seven days after treatment. The participant will also be followed by telephone for approximately seven months after the treatment visit.

You may qualify if:

- You have a diagnosis of advanced cancer.
- You are age 18 or older.
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- The pain you are experiencing is at or below the level of your chest.

You may not qualify if:

- Your pain is not caused by cancer.
- You cannot have a MRI (magnetic resonance imaging) scan.
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## Sports



PHIL ELLSWORTH/INFLUENTIA GETTY IMAGES

Former Caps forward Alexander Semin has 14 points with Carolina this season.

## Semin Welcomed Back With Shots at Work Ethic

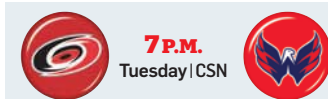
### Capitals

Old friends Alex Ovechkin and Alexander Semin planned to get together for dinner in D.C. on Monday, ahead of the Washington Capitals' game against the Carolina Hurricanes on Tuesday.

It's safe to say Troy Brouwer would not be joining them.

Brouwer took a few potshots at Semin's work ethic after Monday's practice, reviving the reputation that dogged the talented but enigmatic Russian's seven seasons in Washington. The Capitals finally said goodbye to Semin last summer, and he signed with the Hurricanes as a free agent.

"It was tough to lose his scoring ability, when he wanted to play," Brouwer said. "But all in all I think we've been doing well without him. ... Some nights you didn't even know if he was going to come to the rink. It's tough to play alongside guys like those because you don't know what you're going to get out of 'em."



For good measure, Brouwer also said the Capitals had a "very lackadaisical" culture under former coach Bruce Boudreau. The streak of candor comes just as Ovechkin, who had a hat trick in Saturday's 5-1 win over the Devils, and the Capitals are finding themselves with a chance to ride some momentum and get out of last place.

A win on Tuesday would pull the Capitals within four points of the first-place Hurricanes. There's also a road game against the division-contending Winnipeg Jets sandwiched around a game against the Philadelphia Flyers.

Which makes the return of Semin all the more compelling. He's playing well for the Hurricanes, and Ovechkin said his fellow Russian "will want to show up and tell them it was a mistake" for Washington to let him go. JOSEPH WHITE (AP)



### Jonesing to Dance

Baltimore Ravens wide receiver Jacoby Jones is the newest contestant to join TV's "Dancing With the Stars." Jones was the first contestant announced Sunday night for the show's new season, which will premiere March 18. Three other NFL players have won the competition: Emmitt Smith, Hines Ward and Donald Driver. (AP)

**Get fit** Tuesdays in Express  
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## express health directory

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To learn more about the **ARCHER** Study, please contact:  
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[www.ArcherStudy.com](http://www.ArcherStudy.com)

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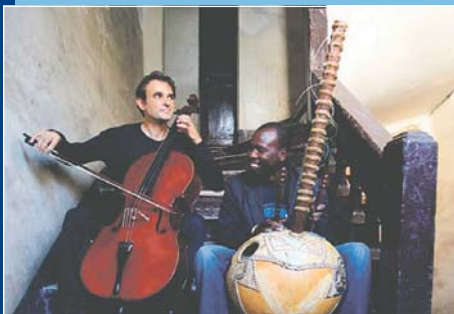
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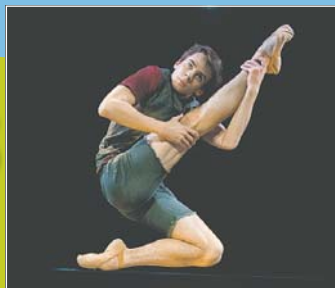


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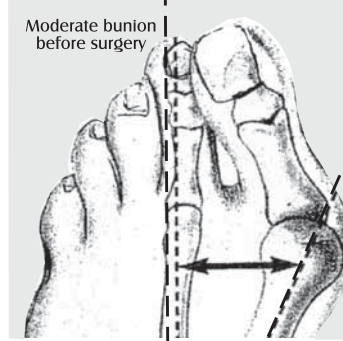
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# fit



## Guinea Pig | Whirled Cup

Afternoon is the most dangerous time of day for cookies. So if that box of Tagalongs knows what's good for it — and you — it'll shield itself with Chobani Bite (\$3 per four-pack). Each of the 3.5-ounce cups of Greek yogurt comes blended with a sweet treat: fig with orange zest, caramel with pineapple, coffee with dark chocolate chips and raspberry with dark chocolate chips. The result is creamy and dreamy, with eight grams of protein and only 100 calories.



The Under Armour Brand House serves as a reminder that the company produces a range of shoes and women's apparel.

# Baltimore Pride Is in the House

Take a look inside Under Armour's new Charm City store

If you want to see what you look like standing in the Ravens' training facility, you don't need to go to the Ravens' training facility. You can go to the Under Armour Brand House, the Baltimore-based company's flagship store that opened Feb. 16.

Panoramic photos cover the walls of the dressing rooms, so when customers try on outfits, the mirrors create the illusion that they're posing at the NFL team's hang-out, the Inner Harbor or a nearby

gym. It's just one of the ways the sports apparel company is emphasizing its local bona fides with the 6,000-square-foot showroom at 700 S. President Street, in the city's swanky Harbor East neighborhood.

The Baltimore pride starts outside, where shoppers walk by a massive photo of Ray Lewis on the loading dock. Inside a front window, a mannequin sports a T-shirt with the Natty Boh beer guy. Henry Stafford, Under Armour's senior vice president of apparel, accessories and outdoor, notes that the nod to Baltimore's favorite drink is made of performance wicking fabric.

"Our people have been dying

to do this," he says of the store's racks of Baltimore-centric clothing. Shirts give shout-outs to Old Bay Seasoning, the local term of endearment (Hon!) and Charm City neighborhoods: Federal Hill, Hampden, Fells Point.

Tourists will likely be drawn to the other exclusives, such as the Alter Ego shirts (inspired by iconic superhero costumes) and certain sock styles. "There's more novelty in socks here than anywhere else in the world," Stafford says.

The biggest draw, however, has to be the chance to see Armour39 (\$150). The fitness monitoring chest strap — available for pre-sale



The Under Armour Brand House sells products you won't find anywhere else, including Alter Ego compression shirts (\$40), top, and loads of Baltimore-centric gear, including a purple Raven tank (\$25), below, and a Federal Hill performance top (\$25), bottom.



and shipping in April — calculates heart rate, calorie burn, intensity and a metric called "WILLpower" that measures how hard the wearer is working on a scale of 0 to 10.

"When you come here, you'll see innovations," Stafford says.

You'll also see the full range of Under Armour products, including women's and footwear, two parts of the business the company has beefed up in recent years. Guys will get introduced to a broader array of everyday styles that aren't necessarily just for exercise.

## Calendar

Take your shoes for a spin with the UA Run Club, which meets Tuesdays at 6 p.m., Thursdays at 6:30 a.m. and Sundays at 8 a.m. The store also lets you "Outfit Your Workout": Spend \$75 or more on a Wednesday and you'll get a pass for a free fitness class at a nearby partner gym. V.H.

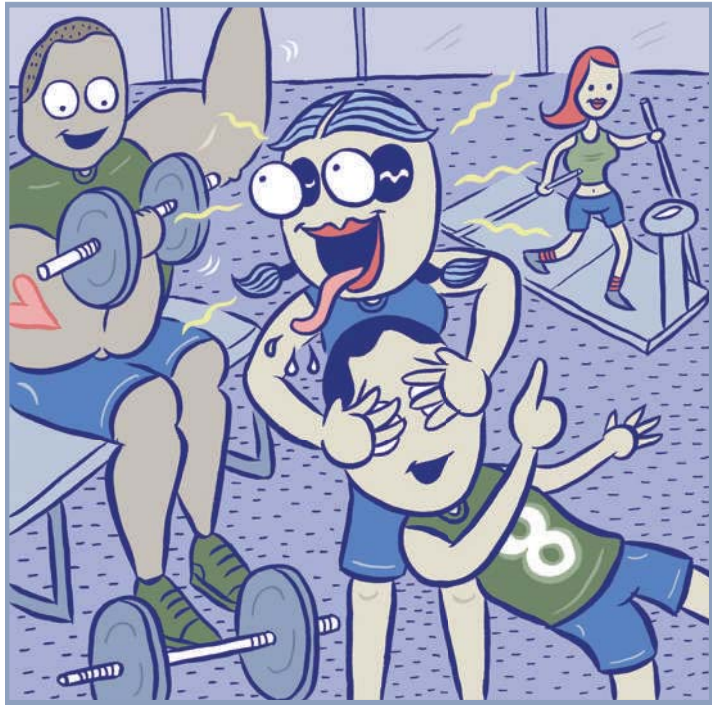
"We're going to teach athletes how to dress," says Stafford, noting that the employees are accomplished athletes who can figure out the exact outfits to recommend based on a customer's lifestyle. If a woman is headed to cycling classes, she needs fabrics built for sweat but not a high-impact sports bra. A guy planning to run in bad weather will want waterproof gear.

Shoppers who've brought a team along don't need to worry about abandoning friends while they try new looks — the dressing room waiting areas are equipped with free bottled water and electrical outlets for charging phones.

But the best place to take a load off is smack in the middle of store, which is lined with footwear "thrones." Stafford says the leather seats were inspired by performance racecars and the chairs in NFL locker rooms. Now that's so Ravens. VICKY HALLETT (EXPRESS)



# baggagecheck



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## Don't Let a Split Make You Sick

**Q** My husband and I are getting divorced in large part because he fell in love with a co-worker. He plans to marry her as soon as our divorce is final. The thought of her raising our children, even in part, absolutely makes me sick, so I'm fighting for full custody. My husband wants joint custody, and he isn't a bad father. But I just can't stand the idea of her and my kids. My friends say I need to accept that she's going to be in their lives. CAN'T GET OVER IT

You can't change your husband's choices. What you can affect is your own behavior — and what kind of mom you choose to be. Will it be one who gets help to get healthy and do what's best by them, or one who is mired in hurt and anger (however justifiable those feelings are)?

Seek a therapist with experience in these issues; you need to feel heard, and to develop strategies for coping with your feelings. It's not about flipping a switch to get over it, but to have a space that's solely your own where you can gradually process your emotions and move forward. You've been through a lot. You — and your children — deserve for you to feel better.



By Dr. Andrea Bonior

**@** Send your questions to Dr. Andrea Bonior at [baggage@readex-press.com](mailto:baggage@readex-press.com). Andrea is a local clinical psychologist and author of the book "The Friendship Fix" ([friendshipfix.com](http://friendshipfix.com)).

## This Isn't a Staring Contest

**Q** How do I tell my girlfriend that it is totally hypocritical for her to drool over guys' bodies if she doesn't want me to do that about hot women? TIT FOR TAT

Just to be clear: Are we talking actual salivation here?

There's no doubt that double standards exist. And all of them bring their own issues, so if you're going to pick one to make waves about, make sure it's one that's actually making waves within your relationship.

Yes, indeed, anyone drooling over anyone who's not their mate can be downright disrespectful to said mate. So if your girlfriend is doing something that feels this way, or is hurtful to you, by all means, talk about it.

Don't be afraid to admit that it bothers you as an individual. Trying to cover up your feelings by turning it into a gender war only means you're not being true to yourself.

But if you're not bothered by it and are just trying to make a point, you might regret choosing this particular battle — especially when she brings up the many other double standards that go in the opposite direction.

So from an argument standpoint, you should do so at your own peril.

## Event Horizon Sound Check

When Gerald Shea was 6 years old, scarlet fever left his hearing damaged forever. But it wasn't until 30 years later, after he'd developed his own strategies for handling communication, that he was finally diagnosed. Learn about his journey at Politics & Prose (5015 Connecticut Ave. NW; [politics-prose.com](http://politics-prose.com)) on Sunday at 1 p.m. Shea will discuss his new book, "Song Without Words: Discovering My Deafness Halfway Through Life."

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# No One Loses This Match

A bone marrow donor explains why she was willing to undergo surgery for a stranger

Somewhere there is a 47-year-old man whose name I don't know, and I am his hero.

He is probably a generic mix of Scottish, German and English, because that's what I am. I know his blood type is A-positive, because that's my blood type.

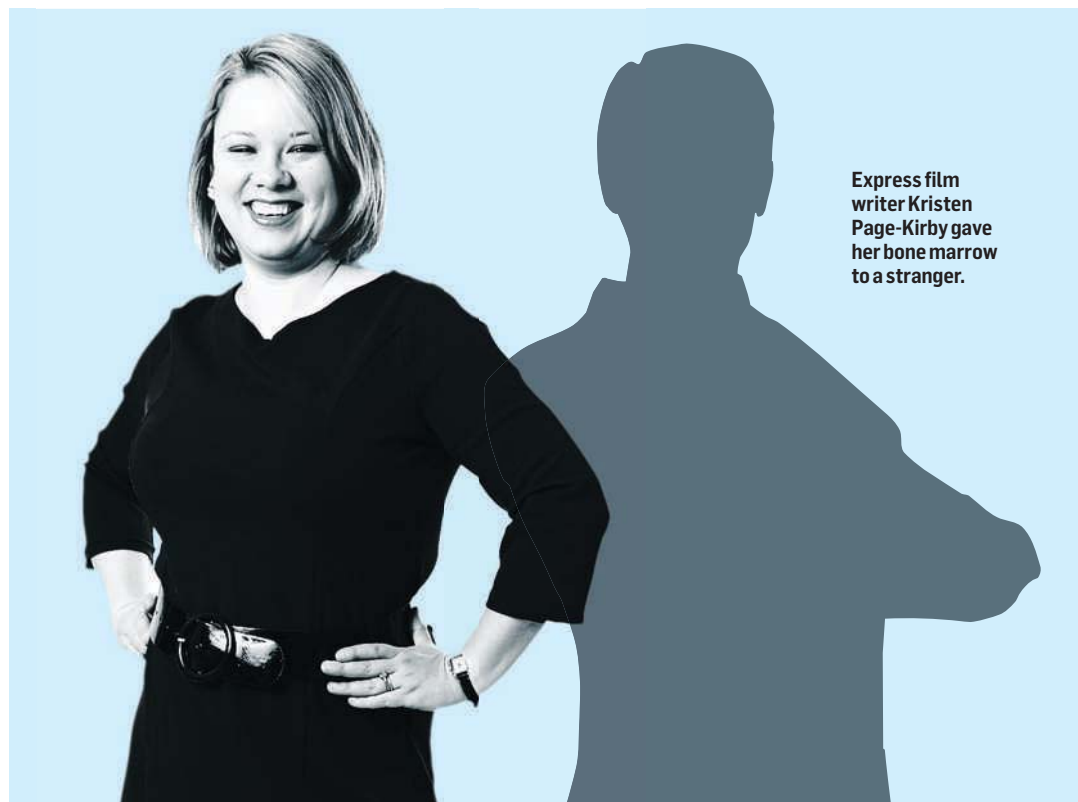
Mostly what I know about him is that he has MDS — the same bone marrow and blood disorder that affected “Good Morning America” anchor Robin Roberts — and that a bone marrow transplant was his only shot at recovery.

He got that transplant about a month ago, after I went to Georgetown University Hospital, where physician Steve Silvestro harvested bone marrow from my hips.

I had joined the National Marrow Donor Program's Be the Match Registry a little over 10 years ago at a drive. For a decade, I thought about it only when I cleaned out my wallet and saw the card.

And then last fall, Be the Match called with news that I was a potential donor. Two rounds of blood testing and a physical proved that the patient and I were a 95 percent match, close enough to go ahead with the transplant.

A representative from the NMDP shepherded me through the process, answering questions, setting up lab tests and explaining that all costs would be covered. Nothing could take away the nerves, though. What if I was the freak case that died under general anesthesia? I



Express film writer Kristen Page-Kirby gave her bone marrow to a stranger.

EXPRESS ILLUSTRATION

part of the whole procedure. I'll never understand the hospital philosophy of keeping you healthy by waking you up and stabbing you all the time, but Silvestro had a good excuse: “We did just bore two holes in your back. We'd like to make sure they stopped bleeding.”

My back hurt badly for two days and then ached for a week. I was tired for two weeks. For a month, I took iron supplements to build my red blood cells back up. I've only just been allowed to exercise again.

## What is bone marrow?

It's a tissue found in bones that's responsible for creating blood cells. In a transplant, patients with a blood disorder have their diseased marrow destroyed and replaced by healthy donor marrow, which is able to form healthy new cells.

Donating bone marrow is not, in any sense, fun. That's why you're allowed to change your mind at any point in the process, including the day of surgery, even though pulling out that late means the recipient will almost certainly die.

For me, the donation meant a week off from work and minor physical side effects. For this man I don't know, the donation may have meant his life.

If we both consent, we can contact each other anonymously at three, six and nine months post-transplant; we can lift the anonymity after a year. I hope he lets me know how he's doing and whether my marrow has given him an inordinate fondness for Sour Skittles.

In my head, we meet and he's a nice guy and then I get invited to his kid's wedding or something — the way our Lifetime movie would end. But we might not meet. He might die. He might already be dead.

Even if he is (and I hope, I hope, I hope he's not), I'd do it again. Because, at least for a while, he had a shot. KRISTEN PAGE-KIRBY (EXPRESS)

worried it would hurt more than they said it would. What if I caught a crazy super-bug in the hospital?

What got me through was Facebook. Not my account, though friends were great at cheering me on. But thinking about his. I imagined him posting that they found a match and all the likes that got. I couldn't let down all those likes.

Before receiving donor bone marrow, an MDS patient must undergo intense chemotherapy that wipes out his or her immune system completely; a cold could turn fatal. My donation was bumped twice due to the recipient's health. Every time it got pushed back, I had to get another blood test to prove I wasn't pregnant. It also required



ABC

## Roberts Rules

“Good Morning America” viewers welcomed Robin Roberts back to the program Wednesday after a six-month absence. After the TV host was diagnosed with myelodysplastic syndromes (MDS), she received a bone marrow transplant from her sister. Roberts plans to appear just a few days a week until she finds the energy to work full time.

**People tend to be flexible when you pull the “I’m saving someone’s life” card.**

some logistical juggling with sitters and work, although people tend to be flexible when you pull the “I’m saving someone’s life” card.

The day I arrived at the hospital, I went under general anesthesia and awoke with a tiny hole in each hip, right at the level where a tramp stamp would go. By far, the worst part of the whole procedure was in recovery, when I got back two pints of blood that I had donated to myself weeks earlier to ward off anemia. (“Blood is thick,” Silvestro said, explaining why it's hard to put back in a body. Which didn't really help with the pain, but whatever.)

I spent one night in the hospital, which was the second-worst

## Become a Donor

Registering for the donor program requires only a simple cheek swab. You can do it at a community drive or from home with a kit (see [Bethematch.com](http://Bethematch.com) for details). People between the ages of 18 and 44 are preferred, although anyone between the ages of 18 and 60 is welcome to join the registry. Because patients are most likely to match with someone of a similar racial makeup, minorities and individuals of mixed races are especially needed. K.P.K.



# Is First the Second-Best?

**Study:** Some diseases pose a higher risk for the oldest in a family

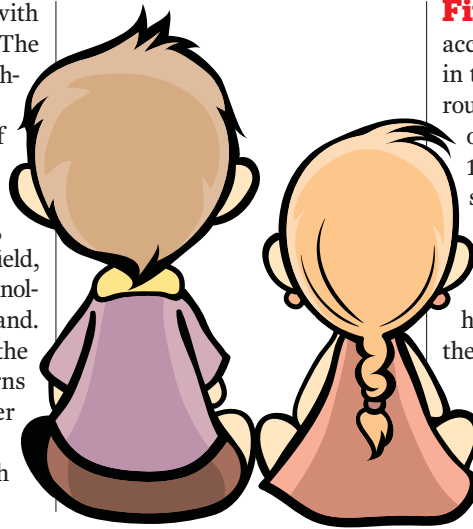
**Fun fact:** Twenty-one of the first 23 American astronauts were first-born children. Not-so-fun fact: Being born first may also increase your risk for diabetes and hypertension, according to new research from the University of Auckland in New Zealand.

Researchers monitored the blood pressure and glucose absorption rates of 85 children. Insulin sensitivity dropped 21 percent

among firstborns compared with later-borns, the study found. The “oldests” also suffered from higher blood pressure.

But you’re not doomed if you’re the oldest; risk factors such as poor diet or cigarette smoking also play major roles, says study author Wayne Cutfield, a professor of pediatric endocrinology at the University of Auckland. And on a more positive note, the study also found that firstborns tend to be taller and slimmer than their siblings.

So what else can your birth order say about you?



**Firstborn IQs Rock.** That’s according to research published in the journal *Science*. A study of roughly 250,000 kids found that, on average, intelligence declined 1 to 2 percent from firstborns to seconds, seconds to thirds, and so on. The Norwegian study’s authors hypothesize that mentoring younger siblings and helping them with tasks provides the IQ boost.

**Your Friends Come From the Same Group.** A recent Harvard University study found that

firstborns are more likely to be friends with firstborns, second-borns friends with second-borns, etc. Why? Certain personality traits — such as dominance among firstborns, or individuality among youngests — may dictate the type of people you gravitate toward.

**Oldests Achieve, While Youngests Rebel.** In a study, Richard Zweigenhaft, a professor of social psychology at Guilford College, concluded that firstborns are 30 percent more likely to be elected to prominent political positions. On the other hand, a separate Zweigenhaft study notes that middle- and later-borns are more likely to participate in protest demonstrations.

MARKHAM HEID (REPRINTED WITH PERMISSION OF MEN’S HEALTH © RODALE INC.)

## Recipe File



MATTHEW MEAD/AP

### SPEEDY PEAR CRISP

#### Ingredients

- **1/2 cup plus 1 tablespoon apricot preserves or sweetened fruit spread**
- **4 pears (about 2 pounds), peeled, cored and thinly sliced**
- **2 tablespoons lemon juice**
- **Table salt**
- **2 cups purchased granola**

**Note:** When you shop for granola, look for a brand that’s lower in fat, sugar and calories than the competition — and that also contains lots of nuts, seeds and dried fruit. And if you want to bump up the nutritional value of this recipe even more, add 1/4 cup of ground flaxseed.

#### Makes Eight Servings

Heat the oven to 350 F. Lightly coat a shallow 6-cup baking dish with cooking spray. In a small saucepan over medium-low, heat the preserves until melted and easily stirred.

Set the sliced pears in a large bowl, then drizzle the preserves over them. Add lemon juice and salt, then toss well. Spread the pears evenly in the baking dish. Sprinkle the granola evenly over the pears, then cover the dish loosely with foil and bake 30 minutes. Remove the foil and bake 15 more minutes, or until pears are tender. (AP)



**210 calories; 25 calories from fat (12 percent of total calories); 2.5 g fat (0.5 g saturated; 0 g trans fats); 0 mg cholesterol; 50 g carbohydrate; 5 g fiber; 27 g sugar; 3 g protein; 55 mg sodium.**

## Do you have Pre-diabetes or Diabetes?



Researchers at NIH are looking for volunteers 35-70 years old with pre-diabetes or mild diabetes (controlled on diet alone or a single pill medication) to participate in a study looking at the effect of treatment with a cortisol blocking medication (mifepristone) or a non-active pill (placebo) on glucose abnormalities. We are offering free screening for diabetes to see if you qualify for the study.

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**Diabetes screening and all study-related tests and medications are provided at no cost. Participants will be compensated.**

The NIH Clinical Center, America’s research hospital, is located on the Metro red line (Medical Center stop) in Bethesda, Maryland. Parking is provided at no cost.



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# lookout



**A Bright 'Tomorrow'**  
Oscar-nominated actress Quvenzhané Wallis will star in a new 'Annie' **35**

## Sound Bets



## Beauty & Sadness

**For a band** that lasted only four years (from 1976 to 1980, when singer Ian Curtis committed suicide), Joy Division has its cultists. I am one.

There's something entrancing about the band's sound — melodic guitar, primitive drums, Peter Hook's unmistakable bass.



By Shauna Miller

Hook's new memoir, "Unknown Pleasures: Inside Joy Division," explores why the band sounded the way it did — and why the sound endures (in bands like Interpol, Cut Copy, Crystal Stilts).

The band's members were all self-taught, and Hook (above, far right) developed what would become a distinctive bass style. His bass lines led the songs. The guitar followed Curtis' solemn vocals, the drums kept a backbeat. Not a traditional rock formula.

Hook discusses the influence Factory Records producer Martin Hannett had on their debut full-length, 1979's "Unknown Pleasures." He tuned the songs to sympathetic keys, so the album felt like one long story.

The book's best part, though, is Hook's track-by-track annotation of the album, which he recommends reading with the record on. It's a mind-blower, like listening to "The Wall" while watching "The Wizard of Oz."



Connect with Shauna on Twitter:  
@Shaunajmiller.



Oscar winners past and present, clockwise from top, Reese Witherspoon, Jamie Foxx (with daughter Corinne Bishop), Christoph Waltz, Anne Hathaway and Daniel Day-Lewis pose and mingle at Vanity Fair's post-awards party in Los Angeles.

# All Is Inanity

At Vanity Fair's Oscar party, the stars bask in the superficial fun

## Hollywood

Set foot inside the Vanity Fair Oscar party at the Sunset Tower in Hollywood and be slung almost instantly between Halle Berry and Olympian Gabby Douglas, who then start to talk around you, as if you were an underage Chinese gymnast, or a "Catwoman" sequel.

They can barely hear each other over the funky strings and sweet crooning of Marlena Shaw's "California Soul": "Like a sound you hear/That lingers in your ear/But you can't forget/From sundown to sunset."

California soul, indeed.

Let's find it (assuming California has one) here, among the glass goblets of peach roses, between the creamy leather-padded walls, in the glow of pink sconces, where the soul survives on rum and Cokes, Perrier, passion-fruit marshmallows, and errant glimpses of Penny Marshall and Peter Fonda.

And then suddenly we hear the strangest observation: "I love Buzz Aldrin's outfit." We turn and there he is, a moonwalker among a galaxy of stars. "I keep asking to come because it's one of the better parties," Aldrin says of his presence.

Now, back to Earth. There's Patricia Clarkson, and Emily Mortimer, and Kate Beckinsale being told "You know how much I'd love to

work with you," and Ryan Seacrest, and Diane von Furstenberg showing a ton of go-girl leg at booth No. 2.

After midnight, the Oscars begin to accumulate. One statuette rests on the back of a couch near the front entrance, seemingly unescorted until a tall man reaches his hand backward to make sure it's still there. Daniel Day-Lewis, now officially the best actor of them all. We gravitate toward him, only to have a woman in a red dress lunge at us and pull us down to an ottoman.

"This is too much for me," says a nearby Bill O'Reilly. "But I learned a lot. Got a lot of material."

There is So. Much. Material here. The density of stars bends space-time. This is not an event so much as an event horizon, from



## Meanwhile ...

**Iranian officials** on Monday dismissed the Oscar-winning film "Argo" as pro-CIA, anti-Iran propaganda, though some young, moderate Iranians welcomed it as a fresh view of recent history. Directed by Ben Affleck, above, and based on the escape of six American hostages from Tehran in 1979, the movie has not been screened in Iranian theaters, but many Iranians have seen it on bootleg DVDs sold in downtown Tehran. Iran's state TV called the film "an advertisement for the CIA." (AP)

which no light or matter or gawker escapes. Sally Field and her son are passing an In-N-Out Burger back and forth and it's the most adorable thing ever. Turn a corner, peel back a drape, and there's a gleaming outstretched Oscar, with Anne Hathaway saying, "Wanna hold it?" Turn left and catch Hugh Jackman endure eight lonely seconds of having no one talk to him.

We spy Catherine O'Hara, who seems like a real person. She will surely have something wise to say about this display of decadence.

"No," she says. We let the awkward silence compel her to vamp.

"I don't know that it means anything," O'Hara says. "All these faces coming at you and everyone loves your work and everyone belongs. ... It sounds superficial. But it's not. It's fun. Because everyone needs superficial fun every now and then."

She pauses, having arrived at a kind of paradox, then says: "I told you I didn't have anything to say."

Honey, you said it all. DAN ZAK  
(THE WASHINGTON POST)



entertainment **lookout**

ERIK AAVATSMARK

top  
stops**1 Wages of Sin**

Dear everyone: Stop marrying people you don't love just because of convenience, convention or money. That's one of the lessons of Henrik Ibsen's "Hedda Gabler." And "Anna Karenina" and "Madame Bovary," and all literature forever, but "Hedda" is the only one playing at the Kennedy Center right now (all the way from Norway's National Theatre). **Kennedy Center, 2700 F St. NW; Tue. & Wed., \$49-\$80; 202-467-4600, Kennedy-center.org. (Foggy Bottom)**

**2 The Eye Sees All You Haters**

Foxygen: Two psych-music dudes from California with a recent record called "We Are the 21st Century Ambassadors of Peace & Magic" with an eye shining mystical beams on its cover. So they're appealing to a niche market. But the band seems to understand that this nu-psych demographic, though it may be small, is populated by all the coolest kids. **Golden West Cafe, 1105 W. 36th St., Baltimore; Tue., 10 p.m., \$7; 410-889-8891, Goldenwestcafe.com.**

**3 Ooh! Or St. John Popplewell**

Benjamin Francis Leftwich is, as you can tell by his name, British (all he needs is a Roman numeral afterward and he'd top-ple Benedict Cumberbatch as Most British Name Ever). He is also a singer-songwriter with some lovely, folksy tunes that he would like to sing soulfully to you. He'll do just that at the Black Cat on Tuesday. **Black Cat, 1811 14th St. NW; Tue., 8 p.m., \$12; 202-667-7960, Blackcatdc.com. (U Street)**

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# The Stuff of Legends

'The Searchers' tells of the mythmaking that inspired the film of the same name

## Book Review

A modest hit in theaters in 1956, "The Searchers" has grown in stature to become, for many, the greatest Western ever filmed. Yet it's always been more — thematically and culturally — than just a John Wayne movie about finding a white girl abducted by Comanche Indians.

Glenn Frankel's "The Searchers: The Making of an American

Legend" (\$28, Bloomsbury) is a must-read for movie fans and anyone interested in mythmaking and the American West.

In 1836, Comanche Indians kidnapped 9-year-old Cynthia Ann Parker during a raid on a white settlement in Texas. An uncle searched for her off and on for years. By the time Texas Rangers and others

accidentally "rescued" her in 1860 during an attack on a Comanche camp, Cynthia Ann was a wife and mother. Her forced re-entry into white society was yet another tragic event in her life.

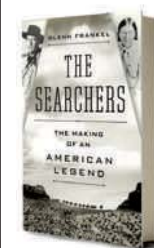
Using previously unpublished accounts and other

archival material, Frankel notes that the facts surrounding her experience were twisted and molded, if not outright invented, to fit each storyteller's purpose. In her day, she was a heroine to some for surviving her captivity, to others merely a white sav-

age. A century later, she was cast as the original tough Texas woman.

Inspired to some degree by her saga, writer Alan LeMay focused his novel "The Searchers" not on the captive and her captors but on the uncle and adopted brother who

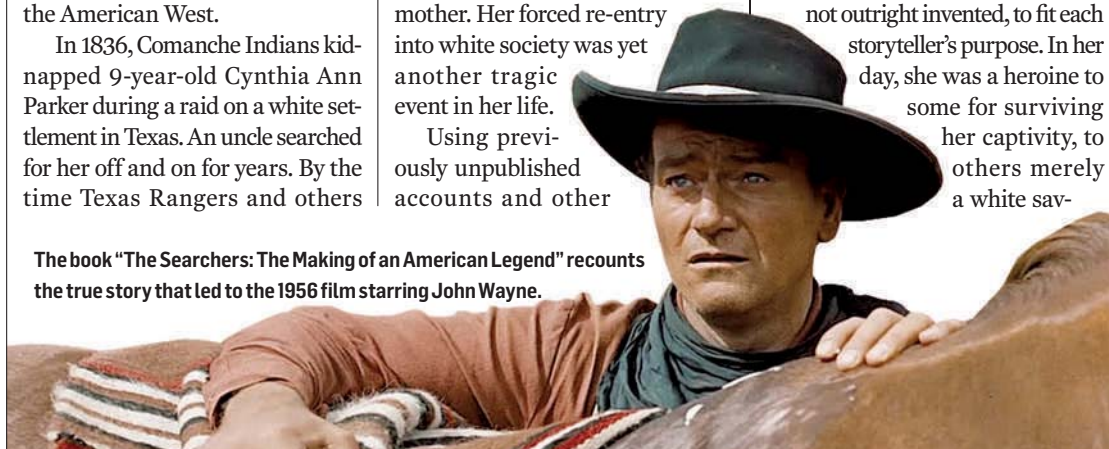
try to find her. When LeMay sold the film rights, another mythmaker — director John Ford — went to work changing the story to fit his own vision.



Frankel's excellent narrative details the life of a modern legend — in this case, a historical event that sparked a novel and film, each step revealing a different aspect of how we tell our stories and why.

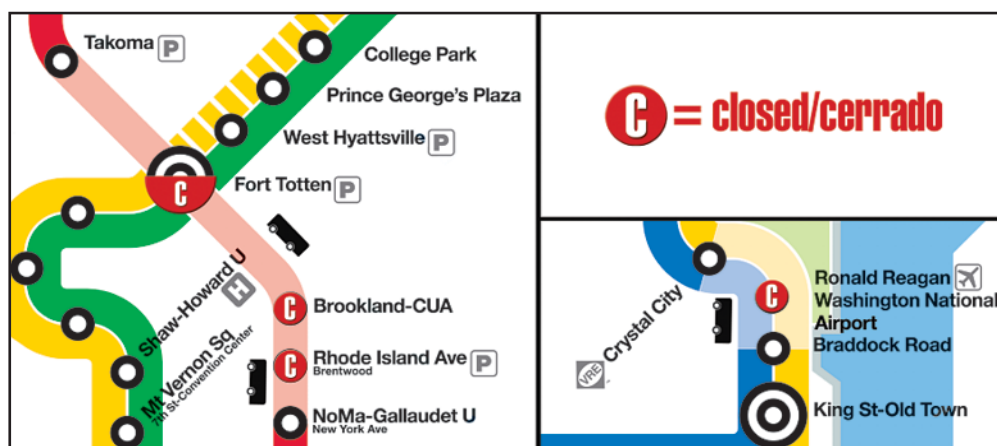
DOUGLASS K. DANIEL (AP)

The book "The Searchers: The Making of an American Legend" recounts the true story that led to the 1956 film starring John Wayne.



## TRACK WORK THIS WEEKEND

From Friday, March 1 at 10 p.m. to Sunday, March 3 at closing: Buses replace trains on the Red Line between Takoma and NoMa-Gallaudet U and on the Yellow and Blue lines between Crystal City and Braddock Road while Metro replaces track circuits and rehabilitates platforms. For last train times or information about shuttle bus service, parking, alternate routes or track work on upcoming weekends, please visit [MetroForward.com](http://MetroForward.com) or call 202-637-7000.



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## TV tonight **lookout**

# High-Class Problems

'Parade's End' mines material familiar to 'Downton Abbey' fans

### Miniseries

**HBO 9:00** "Sherlock" star Benedict Cumberbatch anchors the BBC-HBO miniseries "Parade's End." Based on a novel by Ford Madox Ford and adapted for the screen by Tom Stoppard, this gorgeously produced and flawlessly performed period piece will air in five hours over three nights.

The story focuses on Aristocrat Christopher Tietjens (Cumberbatch), who chooses the wrong woman at the wrong time and suffers on an epic scale. Seduced on a train, Tietjens winds up marrying Sylvia (Rebecca Hall), fully aware that the



Adelaide Clemens, left, and Benedict Cumberbatch co-star in "Parade's End."

child she's bearing may not be his. Shameless and adulterous, Sylvia is eventually bowled over by her husband's rectitude, but not before he has developed a strong, if entirely chaste, bond with a young suffragette, Valentine Wannop (Adelaide Clemens).

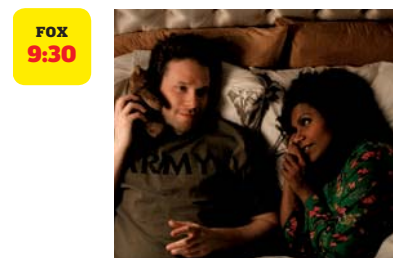
World War I breaks out and sends Tietjens to the trenches. Rumors of his wife's adultery (and her many German connections) haunt Tietjens and destroy his reputation among the military high command and gossipy ruling class.

The period setting and the class-era problems may seem familiar to "Downton Abbey" fans. In this modern tragedy, the many nasty characters get all the best lines, and the good ones often end up doing — and saying — nothing at all.

KEVIN MCDONOUGH (UNIVERSAL UCLICK)

### BEST BETS

**PBS 8:00** **Makers: Women Who Make America** This new three-hour documentary relates how women have helped shape America over the past 50 years in pursuit of their rights to a full and fair share of political power, economic opportunity and personal autonomy. Among those featured are Hillary Clinton, Gloria Steinem, Oprah Winfrey and Katie Couric.



### The Mindy Project

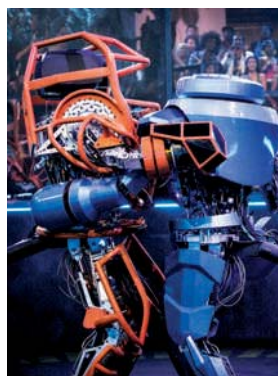
Seth Rogen, left, guest-stars as Sam, the guy who gave Mindy (Mindy Kaling, right) her first kiss back when they were kids at summer camp. While reminiscing about the good old days, the two end up reigniting some long-lost sparks.

**TBS 10:00** **Cougar Town** Travis has a surprising reaction to the news that Laurie and Wade are moving in together. Jules and Grayson decide to spend the day naked, but it's not exactly the experience they imagined.

**CBS 10:00** **Golden Boy** Walter William Clark Jr., New York's youngest police commissioner, reflects on his rapid rise through the ranks in this new drama, which is told in flashback. British actor Theo James, right, stars as Clark, with Chi McBride as the seasoned cop he's partnered with when he becomes a homicide detective. (TRIBUNE MEDIA)



### Robots



### Rock 'Em, Sock 'Em

Wrestler Chris Jericho hosts the new series "Robot Combat League" (10 p.m., SyFy), which pits 8-foot-tall humanoid robots against one another in gladiatorial combat. The robots' movements are controlled by exo-suit-clad humans dubbed "robo-jockeys." The competition includes 12 teams of two — the robo-jockey and a robotics engineer — who send their robots in the ring for three-round clashes, with the winning team advancing in the tournament. (TM)

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**Edgewood** \*w/approved credit

Income Qualifications	
# Occupants	Maximum Income
1	\$44,580
2	\$50,940
3	\$57,300
4	\$63,660

\*\*Limited Availability



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**FREE UTILITIES**  
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 • Private balconies and patios  
 • Minutes to The National Harbor  
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 1, 2 & 3 BRs from **\$990**  
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**crystal plaza**  
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 • Remodeled apts  
 • Polished hardwood or carpet  
 • Spacious closets  
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**1st Mo. Rent**  
**only \$599**  
**(when you sign a 12 mo. lease)**  
 Super Convenient Location  
 Close to shops & rec. ctr  
**1BR, \$880. 2BR \$980.**  
**Utilities & Capet Included!**  
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**Amenities**

- Beautiful Location • Wall-to-Wall Carpet
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 Call Us!  
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 Bedrooms Starting @ **\$849**  
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 Receive \$50 off your rent for a  
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**\$30 Application Fee**

- Walk to Metro
- W/W Carpet or Hardwood avail
- Keyed entry ways
- Parklike setting w/picnic tbls & grill

Maximum income limits apply  
**877-608-6548**

3415 Parkway Terr. Dr. Suitland, Md.  
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# lookout online

## Blog Log



“What on earth made The Onion think it would ever under any circumstances be funny to call a 9-year-old child such a nasty, sexual term in response?”

—**RANIAKHALEK.COM** found the satirical news site's tweet about Oscar nominee Quvenzhané Wallis — in response to the “sexist, racist, homophobic comedy on display at the Oscars” — inappropriate. The Onion issued an apology Monday.

“Some people like the classics. We're now 13 years into the new millennium, with new hook-up options emerging every day. And yet some people are still using Craigslist Missed Connections.”

—**WILL SOMMER AT WASHINGTONCITY PAPER.COM/BLOGS/CITYDESK** reacts to a report from Psychology Today that Metro accounts for the most missed connections in the D.C. area.

“You're eating meatballs in a furniture store, don't act like you have standards.”

—**@SUPERCHUNK** doesn't think much of Swedish furniture giant Ikea's food, after news broke that the company had to withdraw meatballs from its stores across Europe amid suspicions that they contained horsemeat.

“This is the year that we US and Canadian soccer supporters accept who we are and what we love, proudly. No more half-blind hopefulness. No more defensiveness. Just soccer.”

—**GREG LALAS AT MLSOCCER.COM** comments on how Major League Soccer views itself as it heads into its 18th season, which begins March 2.

“Finally, something less cute than Farmville, and that plays good music. ... Also there's going to be a Game of Thrones beer, which should enhance the reality of the experience.”

—**LUKE Y. THOMPSON AT TOPLESSROBOT.COM** explores the possibilities of the Facebook game, based on the HBO series, that was opened to fans Monday after beta-testing.

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YOU

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# puzzles lookout

## HOROSCOPE

**PISCES** (Feb. 19-March 20) You have one or two things to say today that are likely to resonate far beyond your own immediate circumstances.

**ARIES** (March 21-April 19) You needn't be either overbearing or retiring today; a happy medium can be found, and with that will come a productive harmony.

**TAURUS** (April 20-May 20) You may be more hopeful today than you have been in the recent past. The signs that are visible to you are pointing in a good direction.

**GEMINI** (May 21-June 20) Give yourself more time to do what you can today and the results are sure to be more beneficial both to you and those around you.

**CANCER** (June 21-July 22) Now is the time for you to embrace the views that are presented by others and to combine them with your own in a new and exciting way.

**LEO** (July 23-Aug. 22) What appears to you quite by surprise today is likely to be of greater value than anything you may have been anticipating.

**VIRGO** (Aug. 23-Sept. 22) The promise of something brighter will keep you reaching today. You may not arrive at your destination, but you will be measurably closer.

**LIBRA** (Sept. 23-Oct. 22) A collaborative effort pays off handsomely. Those who are working with you realize that your ideas are a step or two "above."

**SCORPIO** (Oct. 23-Nov. 21) You may begin the day standing in for another, but later on you'll have the opportunity to speak and act on your own behalf.

**SAGITTARIUS** (Nov. 22-Dec. 21) You may have to travel far from home today to claim what is rightfully yours. Don't give yourself over to negative feelings.

**CAPRICORN** (Dec. 22-Jan. 19) Quality and quantity require your attention. Focus on increasing stores of the best possible personal resources.

**AQUARIUS** (Jan. 20-Feb. 18) You don't want to slip back into old patterns of behavior that did not serve you well the first time. Keep moving forward, creatively.

## Scrabble Grams

PAR SCORE 145-155, BEST SCORE 226

I <sub>1</sub>	U <sub>1</sub>	P <sub>3</sub>	P <sub>3</sub>	N <sub>1</sub>	H <sub>4</sub>	S <sub>1</sub>
A <sub>1</sub>	A <sub>1</sub>	E <sub>1</sub>	R <sub>1</sub>	G <sub>2</sub>	N <sub>1</sub>	M <sub>3</sub>
O <sub>1</sub>	E <sub>1</sub>	W <sub>4</sub>	L <sub>1</sub>	D <sub>2</sub>	L <sub>1</sub>	M <sub>3</sub>
O <sub>1</sub>	U <sub>1</sub>	U <sub>1</sub>	T <sub>1</sub>	T <sub>1</sub>	N <sub>1</sub>	H <sub>4</sub>

Triple Word Score

RACK 1

1st Letter Double

RACK 2

RACK 3

RACK 4

### Yesterday's Solution

N <sub>1</sub>	O <sub>1</sub>	I <sub>1</sub>	R <sub>1</sub>	I <sub>1</sub>	S <sub>1</sub>	H <sub>4</sub>	RACK 1 =	60
T <sub>1</sub>	A <sub>1</sub>	N <sub>1</sub>	K <sub>5</sub>	A <sub>1</sub>	R <sub>1</sub>	D <sub>2</sub>	RACK 2 =	64
S <sub>1</sub>	W <sub>4</sub>	I <sub>1</sub>	V <sub>4</sub>	E <sub>1</sub>	L <sub>1</sub>		RACK 3 =	12
H <sub>4</sub>	Y <sub>4</sub>	M <sub>3</sub>	N <sub>1</sub>	I <sub>1</sub>	S <sub>1</sub>	T <sub>1</sub>	RACK 4 =	80
PAR SCORE 145-155								TOTAL
								216

### FOUR RACK TOTAL

Make a 2-7-letter word from the letters in each row. Add points of each word using scoring directions at right. Seven-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

## Sudoku

MEDIUM

	3	9	4		8			
2		8		1			4	
	1	6	7	5		2	3	
	5			6				4
1		4		7		9		6
8				4			7	
	4	2		3	7	8	9	
	9			8		7		5
			6		1	4	2	

### Yesterday's Solution

2	7	3	1	8	5	9	6	4
6	8	9	2	3	4	5	1	7
5	1	4	9	6	7	3	8	2
1	3	5	8	2	6	7	4	9
4	9	2	3	7	1	6	5	8
7	6	8	5	4	9	2	3	1
3	2	7	4	5	8	1	9	6
9	4	6	7	1	3	8	2	5
8	5	1	6	9	2	4	7	3

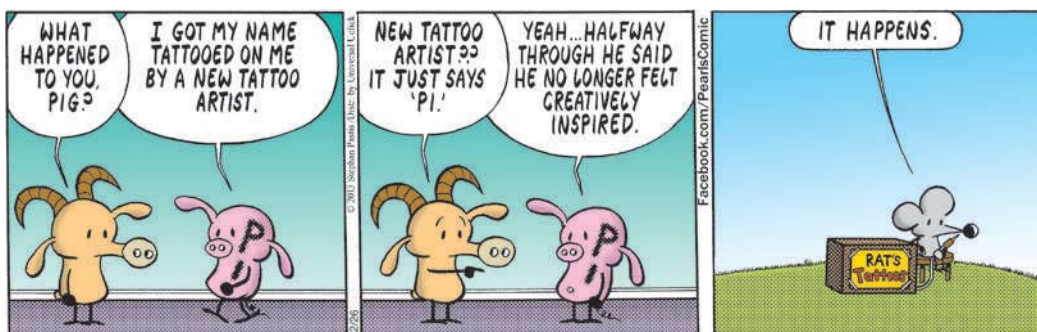
**Need more Sudoku?** Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

## Comics

### POOCH CAFE | PAUL GILLIGAN



### PEARLS BEFORE SWINE | STEPHAN PASTIS



## Forecast



**Today:** Rain today; breezy during the afternoon. Rain tapering off tonight.



**Tomorrow:** Mostly cloudy and not as cool tomorrow. Partly cloudy tomorrow night.

### Looking Ahead



**THU** **FRI** **SAT**  
53 | 36 47 | 32 46 | 31

### Sun and Moon

Sunrise today: 6:45 a.m.  
Sunset today: 5:58 p.m.  
Moonrise today: 7:12 p.m.  
Moonset today: 6:48 a.m.

### Almanac

Normal high: 50  
Record high: 84  
Normal low: 33  
Record low: -1

FORECAST BY ACCUWEATHER.COM ©2013



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# lookout puzzles

## Crossword

"HAD A NICE MEAL LATELY?"

### ACROSS

- 1 Young whale
- 5 Gab
- 9 Betrayer of Christ
- 14 A future one is judged on TV
- 15 Place for an ace?
- 16 Bolshoi Theatre offering
- 17 Baltic capital
- 18 Something \_\_\_\_ (extraordinary thing)
- 19 What are you driving at?
- 20 Muppet with quite an appetite
- 23 Place a value on
- 24 Outmoded
- 27 Ship's navigational route
- 31 Solitaire quorum
- 32 Use intense light on
- 35 Pants-maker Strauss
- 36 \_\_\_\_ forth (proposes)
- 37 Items on a modern dairy farm
- 40 "I'm \_\_\_\_ human"
- 41 Tubers
- 42 Partner of ifs and buts
- 43 "Without further \_\_\_\_ ..."
- 44 Like a tuxedo shirt
- 46 Drawing upon someone?
- 48 Repeat signs, in music
- 53 Insomniac's repast
- 57 What's hot
- 59 16-Across highlight
- 60 Bay \_\_\_\_ (San Francisco's locale)
- 61 Gate swinger
- 62 Float alternative
- 63 Some improvised singing
- 64 Chose (to)
- 65 It doesn't take long to process
- 66 Give an edge to?

### DOWN

- 1 Word used to approximate dates
- 2 Tijuana "ta-ta"
- 3 Symbols on company letterheads
- 4 Snow unit

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17					18					19				
20					21					22				
23										24			25	26
					27		28	29	30				31	
		32	33	34			35					36		
37						38					39			
40						41					42			
43					44					45				
46				47						48		49	50	51
					53			54	55	56				
57	58						59					60		
61							62					63		
64							65					66		

EDITED BY TIMOTHY E. PARKER

- 5 What Packers fans wear on their heads
- 6 Oscar-winner Celeste
- 7 Word with "ran"
- 8 Ump chaser?
- 9 Push and shove
- 10 Took higher
- 11 Large dog bred for hunting
- 12 "Chances \_\_\_\_" (Johnny Mathis hit)
- 13 Plaintive
- 21 American of Japanese birth
- 22 \_\_\_\_ the Hedgehog (Sega mascot)
- 25 Poker pot builders
- 26 Lass in a Hardy tale
- 28 Aquarium buildup

- 29 Assumption for the sake of argument
- 30 "Stop!" to a sailor
- 32 Evans or Ronstadt
- 33 Ration
- 34 Limitless limit
- 36 Safety or rolling
- 37 Fortress barrier
- 38 Fishing line material
- 39 Hellish place
- 44 Encased, as peas
- 45 High-priced spread
- 47 Just a trace
- 49 Grind, as one's teeth
- 50 Drug agent, slangily
- 51 SpongeBob's home
- 52 Go rollerblading
- 54 Literary foot
- 55 He of the aging portrait

- 56 Handle of a sword
- 57 Despite that, informally
- 58 Critique harshly

### Yesterday's Solution

1	L	U	M	P	1	T	S	A	R	1	M	A	D	A	M
2	A	R	I	A	2	E	C	R	U	2	A	G	O	R	A
3	I	S	L	E	3	N	A	I	L	3	N	O	N	E	S
4	C	A	L	L	4	C	O	L	L	4	E	C	T	Y	N
5	L	A	N	D	5	E	R	I	C	5	A	S			
6	B	Y	W	A	6	C	A	N	A	6	D	A			
7	L	E	A	S	7	P	O	O	L	7	S	E	L	L	S
8	I	L	K	S	8	R	E	A	T	8	O	S	L	E	W
9	L	E	A	S	9	R	E	C	O	9	R	D	U	S	A
10	U	N	J	U	10	U	S	T		10	H	U	S	S	Y
11	C	O	P	S	11	M	O	A	N						
12	L	U	C		12	L	C	A	L	12	L	Y	O		
13	A	T	A	R	13	O	A	K	S	13	O	A	R	S	
14	W	I	L	D	14	S	T	E	T	14	A	R	C	S	
15	S	E	L	A	15	H	S	E	E	15	D	E	A	R	

TODAY IN HISTORY

## 1919

President Woodrow Wilson signs a measure establishing Grand Canyon National Park in Arizona.

## 1940

The United States Air Defense Command is established.

## 1998

A jury in Amarillo, Texas, rejects \$11 million lawsuit by Texas cattlemen who blamed a price fall on Oprah Winfrey's segment on food safety that included a discussion about mad-cow disease.



**Editorial: 202-334-6800**  
**Fax: 202-334-9777**  
**Circulation: 202-334-6992**  
**Advertising: 202-334-6732**  
**or ads@readexpress.com**  
**Classifieds: 202-334-6200**

**Published by Express Publications LLC**  
**1150 15th St. NW, Washington, DC 20071**  
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people **lookout****SELFLESSNESS****Janet Jackson's Wedding Gift: Shaming All Other Celebrities**

Janet Jackson has been married to Wissam Al Mana for months, she said in a statement to "Entertainment Tonight": "The rumors regarding an extravagant wedding are simply not true. Last year we were married in a quiet, private and beautiful ceremony. ... Our wedding gifts to one another were contributions to our respective favorite children's charities." (EXPRESS)

**SURPRISE!****1. Put Your Ring in a Box. 2. Make Her Open the Box.**

Andy Samberg and singer-songwriter Joanna Newsom are engaged, Samberg's rep told People.com. The couple have been dating for five years. Newsom also plays harp, piano and harpsichord, according to People. They appeared together at the Independent Spirit Awards, which Samberg hosted, Saturday. (EXPRESS)



1. Cut a hole in an octopus. 2. Put yourself in that octopus. 3. Stop there.

**Victims****Self-Parody IRL AND on Television**

California is after Lindsay Lohan for \$56,718 in unpaid income tax for 2011, TMZ.com reported. Lohan had unpaid federal taxes from 2009 (\$93,702), which she paid recently, and from 2010 (\$140,203). In other LiLo news, Lohan has been cast as herself in an episode of "Anger Management," aka Charlie Sheen's sitcom. (EXPRESS)



The only thing cuter would be if she had a real puppy in the puppy purse.

KEVIN WINTER/GETTY IMAGES

**SNORE****Another Blond Actress Marries Musician Boyfriend**

Christina Applegate and boyfriend Martyn LeNoble were wed Saturday in a private ceremony at their Los Angeles home, Applegate's representative told People.com. LeNoble, a founding member of the band Porno for Pyros, and Applegate have been dating since 2008 and have a daughter, 2-year-old Sadie Grace. This is the second marriage for both. (EXPRESS)

**CASTING****Indie Cred for 'Annie'**

The young Oscar-nominated star of "Beasts of the Southern Wild" has been cast in the lead role of a new version of "Annie." Sony Pictures announced Sunday that Quvenzhané Wallis will play Annie in a contemporized adaptation of the Broadway musical and the "Little Orphan Annie" comic strip. "Annie" is planned for release during the 2014 holiday season. Will Smith, Jada Pinkett Smith and Jay-Z are among the producers. The Smiths' daughter, Willow, had originally been slated to play Annie. (AP)

**"I say give it a good six months before you commit. Feelings change, even if it seems so lustful."**



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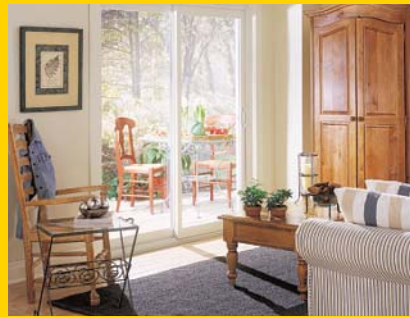
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